

MARYLAND 4-H MARYLAND COOPERATIVE EXTENSION UNIVERSITY OF MARYLAND

UPDATES

February 8, 2008

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Upcoming Events

Feb 12, 2008

Out of State 4-H Trip

Interviews for 4 trips

Interviews and judging of resumes and essays will be held in 3 program regions in Feb. rain date, 2/26

Location: Maryland 4-H Center
Contact: Cassandra Corridor
301-432-2767 X-324

Feb 12, 2008

MCE Seminar

MCE Equine In-Service

Time: 9:00am-3:30pm

Location: Maryland Dept. of Ag in

Annapolis MD

Contact: Kelly Brannan

301-405-8746

Feb 12, 2008 - Feb 15, 2008

American Camp Association

National Meeting

Location: Nashville, TN

Contact: Denise Frebertshouser

301-314-7831

Feb 18, 2008

4-H Legislative Day in

REVITALIZING the MARYLAND 4-H CENTER

Renovations are almost complete in the Maryland 4-H Center and all of us think that you will like the new look and feel of the Center. We are still in the process of finalizing a few details such as the new Maryland 4-H Hall of Fame display and the new Maryland 4-H Wye Oak Award.

It is our hope that this 'face lift' will help insure that the 4-H Center is a warm and welcoming location for 4-H Youth Development activities, future meetings and trainings, as well as being a location that is conducive to all of AGNR.

And be sure to give a big thank you to Dean Wei and Dan Ramia for their tremendous support for the renovation project.

4-H Legislative Day in Annapolis FAST APPROACHING

Less than two weeks and counting down! Time is fast approaching for our annual 4-H Legislative Day in Annapolis on Monday, February 18th. I am sure all of you have 4-H'ers and volunteers who are planning on attending this state-wide event. This is their chance to "Speak-Up and Speak-Out" to our State officials about all the great things that are happening in the Maryland 4-H program. At this point I have only heard from one county/city unit in regards to their group attending. Last year we had over 300 in attendance and are looking to surpass that number this year (I promise you we won't be sitting on the floor this year!).

Although the agenda has not been finalized we are again going to be starting check-in at 9:15 a.m. in the Miller Senate Office Building in the President's Conference Center, East 1 & 2.

The morning session will begin around 10:15 and we will finish up by 12:15. In the afternoon, your group is on their own to eat/ tour/ meet with your Delegates/Senators. You are responsible for setting up your groups meetings and tours (State House Tours, 410-974-3400).

At this time what I need from you is a list of names of the youth and adults that are attending from your unit, (The Form was sent last week). That will enable me to have enough written material available, as well as seating arrangements. Last year we had 18 county/city units participate! Also, don't forget to have everyone fill out their permission forms which are also attached.

Looking forward to hearing from ALL of you!

Cynthia Warner, Harford County
410-638-3255

cwarner1@umd.edu

Environmental Science: Educating Youth through Outdoor Experiences Write-On Wetlands

Annapolis

Contact: Cynthia Warner
410-638-3255

Feb 23, 2008

4-H Environmental Science InService/Adventure Day

Location: Carroll County
Contact: Denise Frebertshauser
301-314-7819

Feb 29, 2008 - Mar 2, 2008

Maryland National Guard Youth Symposium

OMK Leadership and Technology Track
Contact: Kim West
301-314-7831

Mar 1, 2008

4-H Environmental Science InService/Adventure Day

Location: Eastern Shore
Contact: Denise Frebertshauser
301-314-7819

Mar 3, 2008 - Mar 4, 2008

New 4-H Employee Orientation, Session II

New Employee Orientation
Location: UMES
Contact: Kendra Wells
301-314-7317

Mar 8, 2008

4-H Horse Bowl Contest

Location: UMD-Plant Sciences Bldg. (College Park, MD)
Contact: Kristen Wilson
301-596-9478

Mar 12, 2008 - Mar 15, 2008

American Camp Assoc. National Meeting

Location: Nashville, TN
Contact: Denise Frebertshauser
301-314-7831

Mar 13, 2008

Maryland CYFAR Project Meeting

CYFAR Project Team Meeting for funded sites and interested MCE faculty and staff.
Time: 9:45 a.m. - 2:00 p.m.
Location: Maryland 4-H Center
Contact: Kendra Wells
301-314-7317

Mar 29, 2008

Annual Agriculture Open House

Free Family Fun Day Highlighting Farmers, Food Supply and the Environment
Location: 50 Harry S. Truman Parkway, Annapolis
Contact: Julie Oberg
410-841-5888

Challenge!

Write-On Wetlands Challenge!

Help create a children's book written and illustrated by kids, for kids! The theme for 2008 is "Marshy Migrations: Journeys of a Lifetime". For full contest rules and tips on how to write a great story for kids, go to: www.wetland.org/writeon_writers.htm

Natural Resource Careers Conference

Join field professionals and high school students from across the state for seven days of intense instruction and fun at the Hickory Environmental Education Center in Garrett County, Maryland.

- Immerse yourself in forestry, wildlife, ecology, fisheries, watershed management, natural resources management and conservation through hands-on field and classroom exercises.
- Use GIS, GPS, computer simulation, and other field tools related to careers in natural resources.
- Opt for college credit in beginning forestry.
- Become eligible for college scholarships.

Visit the website for application details: **Website**.

Local Forestry Boards pay the registration fee for youth selected from their area to attend the conference.

Apply by April 30th.

Maryland 4-H Camping Program Due Dates:

Just a reminder if you are planning on conducting a 4-H resident or day camp in 2008, the State 4-H office needs several forms from you.

1. Camp Information Sheet – **Due February 1** (Click **HERE** to download Camp Information Sheet)
2. Camp Budgets should be submitted to your respective CED/RED and to the state 4-H office by **February 15th**

Denise Frebertshauser
Extension Specialist, 4-H Youth Development
Environmental Science & Outdoor Education
Maryland 4-H Center
8020 Greenmead Drive
College Park, Maryland 20740-4000
301.314.7819 (Phone)
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Human Science Updates "Every Day, the Healthy Way"

January In-Service: Thanks to those who contributed – Sheryl Burdette, Mary Concannon, Rebecca Davis, Kathy Gordon, April Hall, Julie Judy, Sharon Pahlman, Ruby Schwinn, Crystal Terhune!

Programming NEWS:

Awards & Recognition: The Committee is pleased to announce that there will be a slot for the State Fashion Revue Winner and the State Communications Winner to attend the 2008 National 4-H Congress. The top Overall State Fashion Revue winners and the Senior Champions in each category in the State Communications Contest will have an opportunity to submit their portfolio which will be judged and then one winner for Fashion Revue and one winner for Communications will join the State Delegation attending the 2008 National 4-H Congress!!!! Please use this information as you promote your local Fashion Revue and your local Communications Events!!! If you have questions feel free to contact Sandy (corridon@umd.edu).

State Communications Event: Remember – we'll be a part of the University's Maryland Day Activities. Fill out the State Communications Form with your county champions and reserve champions (in case the champion cannot attend) in each category for each age group. The new form will be up on the website.

Consumer Judging: After a lengthy discussion at our In-Service, the group decided to work on improvements for the Consumer Judging Program – starting with a new name: **Purchasing Power**. Wendy Sipes, a 4-H Volunteer offered to work on a committee to make suggestions for the revamping. Contact Sandy (corridon@umd.edu) if you'd like to be on the committee.

LifeSmarts: Maryland Youth have another chance to participate!! See if you can inspire youth to just logon and participate in the on-line consumer challenge: www.lifesmarts.org We have until February 22nd to offer this consumer challenge to our youth. The National Consumer's League sponsors LifeSmarts ... the ultimate consumer challenge. LifeSmarts teaches high school aged youth about personal finance, consumer rights and responsibilities, technology, health and safety, and the environment. LifeSmarts develops the consumer and marketplace skills of teenagers in a fun way and rewards them for the knowledge they demonstrate. Any group of four or more students, working with an adult coach, may participate. There is no cost for a team to participate. Teams begin by registering and competing online. The LifeSmarts Web site, www.lifesmarts.org, contains many resources and links. Check it out. NCL will let Sandy know if we have Maryland participants!

Up For the Challenge! You've seen previews (it's on our www.maryland4h.org website) now you have an opportunity to participate in 1 ½ days of training. Put May 29 – 30 on your calendar. More details to follow.

Nutrition Education: Mira has announced the Youth EFNEP Request for Proposals. Contact Mira mmehta@umd.edu or Terri tkieckhe@umd.edu for guidelines. Program materials, in-service training and money are available for summer youth nutrition programs!

Health Rocks: WE GOT A **\$30,000 grant** . Stay tuned. We'll be offering training, materials and incentives for each county. Health Rocks!® is a healthy life program based on decision-making and appropriate health knowledge with its beginning-level curriculum targeted at youth ages 8 to 12, and intermediate level targeted at youth ages 12 to 14. The experiential education program teaches how to manage stress, how to handle peer pressure, and how to communicate effectively. Special emphasis is placed on tobacco use prevention. Developing life skills, such as communicating with others, managing change, and dealing with stress, helps youth develop internal strength to resist risky behaviors. Health Rocks! is designed and implemented on the belief that prevention programs that incorporate experiential learning, life-skill development and decision-making will truly reduce tobacco and drug use in our young people. Watch for an up-coming opportunity to have a Health Rocks! Program of your own.

Healthy Homes: Yesterday was the MCE Healthy Homes In-Service Training. We have a kit of resources in the 4-H Center Library. Check them out. You're welcome to borrow any materials.

4-H STANDS TALL!!! Last night was the 2008 Maryland Agriculture Dinner with 865 in attendance with key agriculture leaders, state legislators, the Governor, Lt. Governor, Secretary of Agriculture, Assistant Secretary, most of the Governor's Cabinet members, President of the State Senate, Minority Leader, many, many State Senators, MANY from the House of Delegates, THE DEAN and Mrs. Wei, Nick, and Tom. Mary Ellen was Master of Ceremonies - the list was impressive. Now, the best part - two families were recognized as the new members of the Governor's Agriculture Hall of Fame - Schmidt's from Queen Anne's County and Patrick's from Howard County - BOTH families were GENEROUS with their praise to 4-H for getting them where they were!!! Wish you all could have been there – it was a proud moment for all of us with Maryland 4-H!!!

Expanded Food and Nutrition Education Program (EFNEP) Invites Proposals From All Interested Maryland Counties for Summer Youth Nutrition Education Programs

During the last five years, the following counties/units have been awarded funding:
Allegany, Washington, Montgomery, Howard, Charles, Cecil, Prince George's, Baltimore (county), Baltimore (City), Somerset, Wicomico, and Worcester.

The funding is provided by USDA/EFNEP and each program receiving funding will be considered a partner of EFNEP.

Grant monies will be provided only to those counties who submit a proposal by March 7, 2008, (if you are hiring summer help) and by April 11, 2008 for all other proposals. Approximately \$1000-\$4000 will be available to counties that are selected. The actual amount will be determined by the number of counties applying, the strength of the proposal and funds available. Funds are provided for hiring staff and/or for program delivery.

Proposal should include:

1. Justification for the program.
2. Target audience, e.g. 4th grade students in Title I schools etc., or pregnant teens, or youth in after school programs in areas where at least 50% of school lunches are free or at a reduced price.
3. Approximate numbers of youth to be reached during Summer 2008.
4. Any partnerships/collaborations.
5. Outline of 4-8 lessons to be delivered including objectives of each lesson. Each lesson should be approximately 45 minutes to one (1) hour in length.
6. Brief evaluation tool to be used with each lesson or at the end of the series of lessons.
7. Itemized budget.

This announcement applies to those counties who already have year-long programs and counties who wish to secure funds for summer programs. If the proposal involves a program being offered by EFNEP and 4H, the proposal should be developed and submitted as a joint application. If you have any questions regarding this, please contact Mira Mehta at (301) 405-1006; e-mail mmehta@umd.edu or Terri Kieckhefer at (301) 405-1007; e-mail tkieckhe@umd.edu.

- Requires that at least one individual from a county/program awarded funding by EFNEP attend the EFNEP Youth Inservice being held in May 2008.
- A program that is awarded funds must use the EFNEP electronic logo on all documents and correspondence related to the summer program.

It is strongly recommended that joint applications (programs partnering with EFNEP) develop a document clearly outlining the contribution of each partner (e.g. providing funds for program delivery, program personnel, in kind contributions and the role played by each partner in the programming process).

Please respond to the questions below:

- Did you apply for an EFNEP Youth Grant in 2007? If so, how much did you receive?
- Did you utilize any part of the 7-3-3-1 "Prevention of Childhood Obesity" youth curriculum in 2007?
 - If so, which lessons did you use?
 - If not, what curriculum did you use?

CYFAR Conference 2008

National 4-H Headquarters, Cooperative State Research, Education and Extension Service (CSREES) of the U.S. Department of Agriculture invites you to the 2008 CYFAR Conference: May 6-9, 2008, in San Antonio, Texas.

CYFAR 2008 will feature inspiring keynote speakers, current youth and family research presenters, exciting interactive workshops and computer labs, as well as a Program Showcase demonstrating the most successful CYFAR community programs. Plans are currently underway for a playground build in San Antonio, along with in-depth pre-conference sessions, on May 6. CYFAR planners are working with U.S. Army, Air Force and Navy partners to develop a

4-H Military Partnership track within the conference, and the technology committee will offer active participation with another Learning Games Arcade. The third annual 4-H Family Strengthening Distinguished Lecture, sponsored by National 4-H Headquarters, National 4-H Council and Annie E. Casey, will be a featured keynote. Additionally, the 4-H Family Strengthening Award winners will be recognized at CYFAR 2008.

CYFAR integrates resources of the Land Grant University Cooperative Extension System to develop and deliver community-based educational programs that equip limited-resource families and at-risk youth with the skills needed to live positive, productive and contributing lives. CSREES funds the CYFAR programs, which reach approximately 28,000 youth and adults in 40 states/territories, with educational programs based on local needs and solid research. CYFAR programs plan strategically for sustainability and integration into the ongoing mission and work of Cooperative Extension.

The CYFAR Conference provides a high-quality professional development experience for youth and family professionals, as well as the opportunity to learn and to share resources with colleagues and collaborators across the nation. All CYFAR Conference presentations are peer-reviewed to ensure high standards and relevancy to this work. The CYFAR 2008 Planning Committee is a large and diverse group of university, county and community staff with knowledge and experience committed to making CYFAR 2008 a practical and useful professional development opportunity for participants.

CYFAR 2008 is planned for CYFAR project staff and collaborating partners, youth and family professionals from Land Grant Universities and other organizations. This year, we extend a warm welcome to Extension Military Partners from U.S. Army Child and Youth Services, U.S. Air Force Services Family Member Program and Family Advocacy Program, and U.S. Navy Child & Youth Programs.

Book now - early registration (\$225) ends March 3, and goes up to \$275 March 4. ***CYFAR Website***

If you are a CYFAR presenter and/or first time CYFAR conference attendee, you can apply for a Maryland CYFAR New Communities Project Scholarship to help defray conference costs. Download the *form and application*, complete by Friday, February 22, 2008 and return to Kendra Wells (klwells@umd.edu) for consideration.

Kristen Wilson - Regional Horse Extension Specialist



Kristen Wilson was born in Annapolis, Maryland. However she grew up in the state of Florida. She earned a B.S. degree in Animal Science – Equine Industry from the University of Florida in 2003. She remained at University of Florida to earn a M.S. degree in Extension Education with a minor in Youth Development in 2005. Her research focused primarily on identifying the needs of adult horse owners in Florida in order to enhance the Florida Horse Extension programming efforts.

As the Regional Horse Extension Specialist for University of Maryland Cooperative Extension, Kristen provides statewide leadership for the Maryland 4-H Horse Program. Kristen coordinates statewide equine contests and educational programs for 4-Hers, volunteers and county educators. In addition, she teaches within the Institute of Applied Agriculture's Equine Business Management Program. She also serves as a co-advisor to the UMCP Collegiate 4-H Club.

Maryland 4-H Horse Program

by Kristen Wilson

The Maryland 4-H Horse Program is the largest Animal Science project area in Maryland 4-H with approximately 1500 youth enrolled statewide. The horse project, like other animal projects, provides youth ages 8 to 18 with the unique experience of gaining the valuable life skills they need to become productive citizens while working with an animal species that they love. The 4-H Horse Program has several competitive and non-competitive events that happen throughout the year. Some of these events include the horse world expo horse art contest, horse bowl, horse judging, hippology, horse communications, horse judging clinic, horse jamboree, 4-H Day at the Races, horse shows and much more. These events would not be possible without the assistance of nearly 350 volunteers dedicated to the program throughout the state. 4-H programs are offered in all of Maryland's 23 counties and in Baltimore City. For more details about the 4-H Horse Program and all of the events listed above please visit our website at www.4horse.umd.edu or contact Kristen Wilson at kswilson@umd.edu or 301-596-9478.

4-H and Blue Bell Ice Cream

Blue Bell Creameries, a Texas-based company that has been producing ice cream for over 100 years, has chosen to celebrate 4-H's commitment to youth development over the past 100 years by issuing a unique ice cream created just for 4-H - Centennial Cupcake. National 4-H Council would like to thank the Texas 4-H Youth Development Foundation for their help in making this happen.

In addition to being a great opportunity for National 4-H Council to partner with a wonderful company to celebrate 4-H, it is also a great way for you to promote and support 4-H in your club, camp and community. A specially designed ad for local newsletters and Blue Bell's press release will be available on Council's brand network for your use (<http://www.4-hbrandnetwork.org/>).

This specially created flavor of cupcake ice cream with chocolate swirls and green clover sprinkles is packaged in a carton featuring 4-H kids in 4-H clover t-shirts. The ice cream will be available in stores mid-February 2008 in the following states: Alabama, Arizona, Arkansas, Florida, Georgia, Indiana, Kansas, Kentucky, Louisiana, Mississippi, Missouri, New Mexico, North Carolina, Oklahoma, South Carolina, Tennessee, and Texas. It will also be available for purchase online at the Blue Bell Website, www.bluebell.com/Country_Store/how_to_order.aspx.

The entire 4-H community will reap the benefits of this special promotion as a portion of the proceeds will fund curriculum development, volunteer and professional development, diversity and professional association meetings. If you have any questions, please do not hesitate to contact Craven Rand, Director of Operations, at National 4-H Council at 301-961-2818 or crand@fourhcouncil.edu.

I hope you will join National 4-H Council in using this special and fun opportunity to celebrate 4-H.

P.S. To learn more about Council's 4-H licensing efforts visit <http://www.4-hbrandnetwork.org/>

Donald T Floyd Jr.
President and CEO
National 4-H Council

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For the latest news & events, please visit <http://www.agnr.umd.edu/news>

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The College of Agriculture and Natural Resources' three units—Academic Programs, the Agricultural Experiment Station, and Maryland Cooperative Extension—work in concert to educate students and citizens about critical issues and to solve problems in agriculture, food systems, and the environment. The college is an equal opportunity employer and provides equal access programs.



UNIVERSITY OF
MARYLAND